

23 June 1964

MEMORANDUM FOR THE RECORD

SUBJECT: Physical Fitness Program

1. The following officials met 19 June 1964 in the Office of the Chief, Medical Staff on the subject of the proposed Agency Physical Fitness Program:

Dr. Tietjen

- C/MS
- DC/MS
- O-DD/P
- O-DD/I
- O-DD&T
- O-DD/S
- O-General Counsel
- Office of Personnel
- C/CD/MS
- LEO/MS

STATINTL

2. Dr. Tietjen indicated that three items were originally on today's agenda: (a) the proposed policy statement by the DCI, (b) Briefing by the visitors from the White House who work in the President's Program on Physical Fitness, and (c) Reports from representatives of the several directorates on views in their directorates, and report () on the planned Exercise Facility. Since the White House visitors were unable to attend, Dr. Tietjen suggested the remaining items be taken up and asked for views on the proposed policy statement by the DCI, draft copies of which were furnished each official present.

STATINTL

3. () suggested that we need not "call on the President" in the memo and that there be more emphasis on procedure.

4. () suggested certain changes in paragraphs 2 and 3 and that some mention be made of the Exercise Room. This was discussed and it was agreed that there would be no mention of the room or facility in the DCI's policy statement.

5. () suggested that the statement indicate that the program is primarily for the Agency's needs.

6. Dr. Tietjen asked () to effect the agreed changes in the draft and that the revised draft be forwarded for insurance unless there was major disagreement. Dr. Tietjen then asked () to brief on the Exercise Facility.

STATINTL

STATINTL 7. [] reported that at Colonel White's direction a Project
STATINTL Officer for the establishment of the facility had been appointed and that
this is [] of the Office of Personnel. [] also reported STATINTL
that great advisory assistance was being received from the YMCA. The floor
plan of the designated area was displayed. The area is 70' x 20' with
smaller adjoining areas. It is estimated that it will cost something less
than \$10,000 to outfit the room exclusive of the necessary basic physical
alterations of the room. The room will accommodate 35 to 40 at once, with
perhaps 50 for calisthenics. The YMCA indicates that for a room of this
size they would sell membership to no more than 350 people. On the other
STATINTL hand, [] continued, the FBI has made its exercise room available
to all male employees and no overcrowding has resulted. [] then
listed certain items that the YMCA suggested be excluded from the Agency
Exercise Facility: bar bells, steam room, electric bicycles, dumbbell
bars, wrist pulleys. This was followed by some items the YMCA recommends:
a running track, measuring devices, colorful decor, and music. The YMCA
STATINTL particularly recommends the "Universal Gym", a mobile apparatus that can
be used by several persons at once. A discussion ensued concerning the
desirability of a steam room. [] reported that Colonel White sug-
gested that this be omitted. Dr. Tietjen and [] however, recommended STATINTL
it be included as an additional item over and above the \$10,000 cost estimate.

8. Dr. Tietjen then invited the views that the representatives might
have elicited from their people on the proposed program, and particularly,
as to who would use the Exercise Facility.

STATINTL 9. [] reported that he had brought up the matter at his staff
meeting and had received only a lukewarm response, with only 4 out of 35
officers indicating any interest.

STATINTL 10. [] reported that the DD/I (a) would not be in favor of any
restriction by grade, (b) would not want the problem dumped back on DD/I as
was the parking problem, and (c) would like more evidence of the need and
desirability of the program.

STATINTL 11. [] reported that he had found a "sincere" interest in
the proposed program among the higher grades in DDS&T, but little interest
among the lower grades. He also felt that there would have to be some
type of scheduling of use of the facility to take care of those employees
that the Medical Staff, for example, might send to the facility.

STATINTL 12. [] reported Colonel White's feeling that since the
facility involved appropriated funds there could be no restrictions on its
use. Colonel White also felt that some provision might be made for women
at a later time, and that since GSA would not take care of the facility the
costs for the necessary attendants might be covered by collecting through

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STATINTL the employee recreation association a fee, say 25¢, for the use of the facility. Colonel White feels the facility should be under the direction of the association. [] also indicated his feeling, based on his experience with somewhat similar Agency athletic facilities in the field, that there would be much less demand for the use of the facility after the initial "shakedown".

STATINTL 13. [] suggested that the President's program could not be used to justify the program but that the Agency's needs could be used in this respect. He also thought that we could get by with not charging a fee, but suggested that we not decide this question now.

STATINTL 14. [] suggested that use of the facility be by scheduled appointment with certain times reserved to the Medical Staff, the [] STATINTL [] etc.

15. Dr. Tietjen suggested then that our recommendation be that the facility be available on a schedule basis. He also suggested that a paper be prepared for submission to the DD/S reflecting the group's agreement as follows:

- a. DCI should be requested to issue a Memorandum for All Employees on the program.
- b. There should be a concurrent educational program along the lines of the President's Council on Physical Fitness.
- c. The views of the group on the use of the facility.

STATINTL Dr. Tietjen asked [] to draft this paper, [] to sign it for him (Dr. Tietjen), and that the officials present be asked to coordinate. He also suggested that this group consider itself "in business" and that we plan to meet again in about two weeks to be briefed by the White House people. Finally, Dr. Tietjen suggested that at some future meeting we hear [] thoughts on the subject of physical conditioning for the program. STATINTL

MS/ExO/[] JV

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